



# SERVICES EXTRA PHYSICAL CONDITIONING

2009-2010

The Academia Sánchez-Casal offers extra services of physical conditioning for both our student athletes and external athletes from tennis or other sports. Our highly qualified and experienced trainers will guide you through a comprehensive series of preparation for that all-important competition. Our service is friendly, reliable, and personalized to your requirements. We offer a number of different journeys:

## **SHORT TERM (WEEKLY)**

5 hours per week of physical conditioning that focus on the development of force, speed, resistance and flexibility. Plans are made for the week only, and not extended past that time.

## **MID TERM (MONTHLY)**

Suited to athletes who want to develop their physical conditioning over an extended period of time, and achieve excellent gains. This consists of 2 hours per day (10 hours per week) physical conditioning targeting key areas as a result of initial consultation and testing. This journey does not include plans after the period of stay.

## **LONG TERM (ANNUAL)**

Consists of 2 hours daily (10 hours per week) physical conditioning targeting key areas as a result of initial consultation and testing. Also included, on going consultation, planning and programming for athletes who are away at competition. This is done via telephone or email. Initial testing and consultation includes tests on all major components of athleticism (resistance, speed, strength, flexibility and coordination) plus anthropometric measurements. Results and recommendations of the screening are emailed to the athlete within 5 days of testing.

## **DISTANCE FITNESS COACHING**

Following an initial consultation and testing session (must be conducted on Academy premises) our expert fitness staff will provide a plan of conditioning for 12 weeks. Athletes receive constant support and new regimes every 3 weeks via email. Fitness coaches are available to contact via both telephone and email.

## **PRE-SEASON**

Lasting a duration of 4 weeks, 3 hours conditioning per day, based at our superb facilities in Barcelona, this journey is for those athletes who want to start the season in their best possible shape. Individual programmed to suit the needs of the athlete and sport. Includes initial consultation and testing.

## **REHABILITATION**

For injured athletes who are looking to make a strong recovery, and prevent future injury. Session duration and timings will be dependant on type and nature of injury.

## **AESTHETIC AND HEALTH**

Designed for those looking to lead a more healthy and productive lifestyle. Goals may range from weight loss, increased muscle mass, or simply improved endurance. Consists of 2 sessions, 1 hour duration, per week. Individual training with one of our highly experienced coaches. Also includes extra-curricular plans, minimum duration 12 weeks.